



For Immediate Release

CONTACT: Sybil Smith (651) 490-9408
Email: publisher@smithhousepress.com.
Media kits, review copies and interviews
available on request.

**Green tea weight-loss book tells how drinking green tea
will help you lose weight and why it should not be a bitter experience.**

(ST. PAUL, MN)...Recent news reports have trumpeted the health and weight-loss attributes of green tea, but many people complain about the bitter taste of green tea; others just don't know how it can help them shed pounds.

Lose Weight with Green Tea by Patricia Rouner makes the science — why green tea increases metabolism and burns fat — easy to understand, and explains that proper brewing will keep your tea from being bitter.

Ms. Rouner also addresses other questions about weight loss with green tea:

- How much should I drink?
- Which brands are best?
- How long should I steep it?
- Can I take green tea supplements instead?

Learn how to decaffeinate tea in your own kitchen, how to recycle tea leaves, and how to make your own signature tea blend in this fun, easy-to-read book.

Patricia Rouner, who lives in St. Paul, Minnesota, co-authored *The New Business Values for Success in the Twenty-first Century* and has edited a wide range of publications, from medical texts to children's books and sailing magazines.

Lose Weight with Green Tea: A Safe Weight Loss Method that Works. By Patricia Rouner

Paperback: 160 pages / 8 x 5.5

Publisher: Smith House Press

ISBN: 0961522178

Cost: \$14.95

Available at bookstores or from the publisher, 1-888-220-5402
Also available from National Book Network (NBN), Ingram and New Leaf Distributors.

Smith House Press (651) 490-9408, 1961 Rice Street, St Paul, MN 55113
E-mail: publisher@smithhousepress.com. Web: www.smithhousepress.com

###